

# THE COMET

Journal of the Australian Pensioners' and Superannuants' League, Qld. Inc.

## BUDGET—HIT or MISS?

The Federal Budget news seems to have paled into the background with the announced date for the forthcoming election of May 18.

Bombardments of party political advertising are currently hitting our television screens and taken our attention from the 2019 Federal Budget.

While most of us may not give a thought to the Newstart payment, many of us know someone who is not old enough for the aged pension or is a victim of ageism.

We are well aware of “not-so-young” people who have had to go on Newstart as they cannot get a paid position, and are considered too old as they are just under the aged pension age.

They struggle to live, particularly if they have a vehicle to run which is considered a necessity to complete compulsory volunteering of fifteen hours a week. \$291.40 is a mediocre sum on which to manage while one is either waiting for employment or the Age pension.

We note that in twenty-five years there has not been a rise in the Newstart payment and this is regardless of which party has been in power.

To hear that some retiring Federal politicians who are retiring will benefit by receiving an annual pension of around \$220,000 while others receive a lesser amount until they leave this earth is utterly outrageous!

With regards to the electricity one-off payment –

Pensioners would have liked to have received a significant rise in the pension instead of this one-off payment. The cost of living has continued to be a challenge for seniors with rising super-market prices; meat and fuel prices; health and home and vehicle insurance premiums; as well as electricity costs. In all facets of trying to stay afloat financially seniors are really battling.

APSL along with other organisations moved for an introduction of an Independent Tribunal for pension rises. APSL Management and branches wrote to a number of Ministers who replied to other sections of the letter.

However, the tribunal proposal was completely ignored. No replies at the time of printing this edition have been received from the Opposition.

In the Federal budget, \$280 Million apparently has been allocated for 10,000 Home care packages. Unfortunately, there is a reported backlog of 100,000 aged care packages, which is a severe shortfall in the provision for those on the waiting list.

We are living in hope that the Aged Care Royal Commission resolves to deal with such reported problems.

*Some may say that one would have as much hope of winning Lotto.*



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The Australian Pensioners' and Superannuants' League Qld, Inc. (APSL) provides advocacy and support services to pensioners and superannuants in Queensland.

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## Services Directory

### Commonwealth Government Directory

Administrative Appeals Tribunal	1300 366 700
Aust. Competition & Consumer Commission	1300 302 502
Australian Hearing	131 797
Aust. Securities & Investment Commission	07 3867 4700
Aust. Taxation Office	132 861
Centrelink (Older Australians line)	132 300
Child Support Agency	131 272
Commonwealth Respite and Life Flight Centre	1800 052 222
CRS (Commonwealth Rehabilitation Services) - Human Services	1800 277 227
Family Court of Australia	1300 352 000
Home & Community Care (65+ years)	1800 200 422
Human Rights & Equal Opportunity Comm.	1300 369 711
Immigration & Border Protection Department	131 881
Medicare	132 011
Migration Review Tribunal	1300 361 969
National Aboriginal & Torres Strait Islander Legal Services	1800 012 255
Pharmaceutical Benefit's Scheme	1800 020 613
Private Health Insurance Complaints	1800 077 308
Private Health Insurance Ombudsman	1800 640 695
Translating & Interpreting Service	1300 655 820
Veteran's Affairs Department	133 254

### Queensland State Government Directory

Anti-Discrimination Commission	1300 130 670
Department of Communities	137 468
Department of Energy & Water Supply	
Electricity & Gas	134 387
Water	137 468
Energy & Water Ombudsman	1800 662 837
Health Ombudsmen	133 646
Legal Aid Qld	1300 651 188
Office of Fair Trading	137 468
Public Guardian (Adults & Children)	1300 653 187
Public Trustee	1300 360 044
Qld Competition Authority	07 3222 0555
Qld Ombudsman's Office	1800 068 908
Residential Tenancies Authority	1300 366 311
Safe Food Queensland	1800 300 815
Senior's Advocacy Information & Legal Services (SAILS)	07 3214 6333
Senior's Card	13 74 68
Senior's Enquiry	1300 135 500
Senior's Legal & Support Service	
Brisbane	07 3214 6333
Cairns	07 4031 7179
Hervey Bay	07 4124 6863
Toowoomba	07 4616 9700
Townsville	07 4721 5511
State Emergency Service Office	13 74 68
Youth & Family Support Service	07 3274 9917

### Community Support Services Service Directory

Domestic Violence Crisis Line	1800 811 811
Immigrant Women's Support Service	07 3846 3490
	07 3255 1420
Qld Aged & Disability Advocacy	1800 818 338
Seniors & Go Card	13 74 68
Senior Shopper	1300 360 265
Sexual Assault Help Line	1800 811 811
South Brisbane Immigration & Community Legal Service	07 3846 3189
The Incapacitated Servicemen & Women's Assoc. of Aust	07 3356 9022
Women's legal Service	07 3392 0670
National Welfare Rights Network	1800 358 511

### Department of Health Service Directory

Department of Health	1343 2584
Health Services Info Line	07 3837 5986
Medical Aids Subsidy Scheme	1300 443 570
My Aged Care	1800 200 422
Police link Queensland Police (non-urgent)	131 444
Crime Stoppers	1800 333 000

### Advertisers

Alex Gow Funerals	07 3852 1501
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MAY 2019

Front page. Federal Budget comments

P2 Services Directory plus

P3 Editorial and Alex Gow advert

P4 Sherwood Neighbourhood Centre

P5 ADVERTISEMENTS

P 6 Road Safety Blind Spots

P7 Branch matters and Condo-lences

P8 MOTEL on GREGORY Adv

P9 MOTEL on GREGORY Adv

P10 AREA 2 Report

P11 RSPCA

P12 Space box for Branch details  
Micah Donations—Logos

**Contact APSL State Office to enquire about membership. Check with Head Office as to the name of the Branch nearest to you. APSL—YOUR VOICE!**

## APSL Mission Statement

*To lobby powerfully with governments at all levels and private sector agencies, and within community sector, to promote all aspects of the security, well being and dignity of pensioners of all ages, superannuants, other self-funded retirees, low income families and other disadvantaged people, including Aboriginal & Torres Strait Islander (ATSI) and Culturally & Linguistically Diverse (CALD) peoples.*



## EDITORIAL



Dear Friends,

Time is rolling on closer towards our 2019 State Conference.

Our State Secretary Nola Harvey has been busily sending out information on arrangements, which are in the interests of seniors "pockets".

We discovered that all dining venues around West End are out of our reach. Too expensive. One quote from a nearby venue quoted \$600 for a table of ten with nothing really special on the menu.

We have come to the conclusion that the dinner will be held at Kurilpa Hall On Wednesday, September 11 at a saving to our members.

Our Hall hirers for that night are to be sincerely thanked for their co-operation for consenting to forego their night's hire.

There had been some thought to going for a cruise on the Brisbane on the Tuesday night. However, that also proved too costly for our seniors.

With our thinking caps on, we then looked into the prospect of going up to Mt. Coot-tha on the Tuesday night (September 10). We have resolved that we should hire a bus paid for by the APSL.

It is suggested that we will travel straight from the Conference (Tuesday September 10) to Mt. Coot-tha so that we can take in the vista of the City of Brisbane before the sun disappeared over the ranges.

Dinner at the café on the Mount will be paid for by branches before taking more photographic opportunities of a night-time view of the City.

Regular readers will notice that a new advertiser, **Motel on Gregory** is featured in this month's edition of The Comet.

**Motel on Gregory** (formerly the RFH Ruth Fairfax House) has been a regular stop-over for a number of us on the Management Committee.

We have found the motel's rates competitive; beds comfortable; units clean and the hosts, charming!

The free Continental Breakfast - Coffee and Cereals;

Tea and Toast; Juices and Jam; in the comfortable dining room.

Readers will also notice that on the back page at the suggestion of Joyce MacDonald I have included a "space box" for those branches who will leave Comets in Doctor's surgeries; Libraries and so on.

The box should contain your branch contact details, so when you distribute The Comet in your area, people who received it will know who to contact if they wish to join or have questions on issues.

All the very best until next time. Please stay safe!

*Cherith Weis*

### Every life is an amazing story

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# NEW RESPONSE TO ELDER ABUSE



**SHERWOOD  
NEIGHBOURHOOD  
CENTRE INC**

The last time Ann's son stayed over there was an argument. He talked over her, yelled, pushed her and blocked her exit path. Ann recalls being frightened and the next day her neighbour asked if she was OK. Ann is seventy two years old.

Sal rents a one bedroom unit but misses her family home and her grandchildren. Her son and family moved in after her partner died, but the relationship soured and she felt she had to move out. Sal is sixty eight years of age.

Malcolm's daughter drove him to his cardiologist appointment. In the car park Malcolm headed toward the wrong set of lifts. His daughter yelled at him very aggressively and called him names. Malcolm felt embarrassed but didn't dare say anything back to her. He is eighty four years old.

Ann, Sal and, Malcolm have all experienced Elder Abuse. They will be participating in participating in a peer support and education program to be undertaken at the Sherwood Neighbourhood Centre.

The Program is being funded by The

Queensland Department of Communities, Disability Services and Seniors Advancing Queensland which is an age-friendly community grants program.

*The program will focus on recovery, building resilience and connections and working toward recovery and a positive future, said program Coordinator, Elizabeth Palk.*

*We've got support from a number of relevant support agencies as well such as Caxton Legal and Queensland Aged and Disability Advocacy. It's a fairly novel approach to Elder Abuse as well so Griffith University is going to help us with an evaluation.*

The Centre is currently taking confidential enquiries by phone from people who may wish to participate in the program.

Support with transport can be arranged if needed. If you have an interest or any questions about the program, contact Elizabeth on Phone 07 3379

8316.

Please note:

The names identified in this article are not the true names of participants involved as identities have been protected.

Funded by



**WOULD YOU LIKE TO HELP IN THE FIGHT FOR A  
BETTER DEAL FOR PENSIONERS AND  
SUPERANNUANTS?**

**INTEREST HAS BEEN SHOWN IN THE RE-  
ESTABLISHMENT OF A BRANCH in TOOWOOMBA SO  
WHY NOT BE INVOLVED.....**

**PLEASE FEEL FREE TO CONTACT OUR OFFICE  
ON PHONE 07 5434 58 78 OR  
PHONE 0432 295 344.**

**Free Computer lessons**

at

**APSL HEAD OFFICE**

174-176 Boundary Street.

West End.

**Mondays**

To book with Gabriella,

**Phone 3844 5878.**

**The Comet needs your contribu-  
tions!** Send all Comet articles to  
[comet@apsl.com.au](mailto:comet@apsl.com.au)

Check out our website

[www.apsl.com.au](http://www.apsl.com.au)



Like us Facebook!  
By "Liking us", you show  
support for The Comet!

**Kurilpa Kitchen**

2 course meals

Monday & Thursday

Cost \$8.00



*Seniors'  
Luncheon*



# ROAD SAFETY

WITH

## LEYLAND BARNETT

### Blind spot Checks

What are blind spots, how do they affect your driving and what can we do to make things safer?

Have you ever walked alongside a building and nearly get hit by a pedestrian or cyclist as you go to step out onto the foot path? It can give you a fright and we normally think, where did they come from?

Your line of sight of the pedestrian or cyclist that was approaching along the footpath was blocked by the building and therefore the building has become the blind spot.

Blind spots can occur in a lot of situations where your line of sight can be blocked, from various different objects, causing you to be unaware and leading you into a close call or a collision.

Blind spots can occur quite frequently while driving so it is important that we are aware of what to look out for, when approaching intersections.

Some intersections are quite open and easy to see into and others have hedges, parked cars, buildings and fences that can make it very difficult to see what is approaching the intersection from the sides.

Some blind spots can be created by the windscreen pillar when approaching intersections or roundabouts and rear view mirrors can also have blind spots when attempting to merge or conducting a lane change.

Not having a clear line of sight of an object can be considered as a blind spot so when we are driving we need to be able to identify potential blind spots and adjust to the situation.

How do we make things safer?

Looking ahead helps us to plan ahead and identify any potential blind spots as we approach the intersection so that we can slow down earlier, to check for traffic. If the blind spot is really bad, plan to stop and proceed cautiously until you can see a clear path to enter safely.

When approaching roundabouts look around the windscreen pillar to ensure you are safe to enter. When planning a lane change, check your mirrors and do a quick, shoulder check to the lane you intend to move into, to cover the spot beside the car that the mirrors don't pick up.

Large vehicles can create blind spots if smaller vehicles travel too close to the large vehicle, so always double check before moving into roundabouts and make sure it is clear.

Please drive safely and not blindly, look ahead, plan ahead and watch for blind spots.

***Please check out Leyland's website .....***

*[www.evolutionintraining.com.au/roadrules](http://www.evolutionintraining.com.au/roadrules)*

## Federal Budget Comment from Bowen

Dear Editor

I would like to give a Big Thank You to the Federal Government for thinking of Pensioners, Seniors and Superannuants in the recent budget.

Our Pension is forever shrinking with the added costs for those who want to stay in our own homes instead of going to a nursing home.

A lot of these costs being forced on us now were once free.

It would appear that Governments do not class seniors as a priority or worthy of being considered in their grievance but just a pain in the butt.

Old age retirement is stressful when you don't have sufficient money to meet these increased costs that have to be met.

*Pearl Russell*



Easter Thursday at the Collinsville Branch saw Easter Bunny arrive to spread a little Easter cheer.

Helping Easter Bunny during his visit are Denise Smith and Thelma Wright.

Submitted by Margaret Morrissey

## Messages of Condolence

To all branch members who have suffered loss in recent times, the Management Committee of the APSL conveys our sincere sympathy to all relatives. *Our thoughts are with each and everyone of you.*

Our sincere condolences also go to Warwick's Micheal Holland whose wife, Dell passed away recently. Warwick also lost Edith Quinn, Sharna Joslyn, Pat Rawlings and Marjorie Mogridge.

From Beryl Ball of the Babinda Branch.....

It is with great sadness the Babinda Branch has lost two of their long-standing members.



GLADYS JONES passed away suddenly in April 2018. Gladys joined the Branch in the early 1990's and she never missed a meeting unless she was away.

RENE HERLILY passed away suddenly in December 2018. Rene also joined the branch in the early 1990's. She loved attending the meetings and always looked forward to the Christmas Luncheon. Both deaths were a shock to branch members. May they be holding meetings in Heaven.

Beryl Ball.

From Pearl Russell, Bowen.

We regret to inform members and friends of the passing of Joy Sheppertson on April 17, 2019.

Joy was a long serving President and member of the former Townsville APSL. I had the privilege of spending some time with Joy and members of the Townsville Branch when I was Area Organiser.

We will remember you

Pearl Russell





# MOTEL ON GREGORY



## LOOKING FOR ACCOMMODATION IN BRISBANE?

**Motel on Gregory** is situated in close proximity to the Roma Street Railway Station: the beautiful Roma Street Parklands: St. Andrew's War Memorial Hospital and other Brisbane attractions..

This motel is situated 2.3 km from both South Bank parklands and the Queensland Gallery of Modern Art (QAGOMA): and an easy walk to Brisbane City shops and restaurants.

**Motel on Gregory** offers clean, comfortable affordable units on Gregory Terrace, in Spring Hill, at very competitive prices.

Bright, contemporary apartments offer kitchenettes with Microwaves, living areas and balconies, as well as flat-screen TVs along with tea and coffee making facilities.

Amenities also include meeting facilities, event space, and free on-site parking.

Freebies include breakfast, limited parking and Wi-Fi in common areas. Guest laundry facilities. Overseas guests; families: group representatives and State-wide patients requiring medical attention at the nearby St. Andrew's War Memorial Hospital have all enjoyed their stays at **Motel on Gregory**.





# MOTEL ON GREGORY – FACILITIES

## Motel on Gregory offers a Free Continental Breakfast

- Free Wi-Fi on the ground level in the sun room, dining room and foyer.
- Interconnecting rooms available
- Airport shuttle contact which delivers reliable and punctual pick-up times
- Wheelchair accessible



- Vending machines
- Lift / Elevator
- Conference / meeting facilities
- Non-smoking property
- Disabled facilities
- Luggage storage
- Self Service Laundry



- Free On-site Car Parking
- Free Taxi Phone
- Brisbane Bus service at front entrance (321) to Queen Street terminus (CBD) at Post office Square
- Shuttle bus to Airport renowned for punctuality and unbeatable rates
- **CONTACT DETAILS:**

It is recommended that guests book directly with Motel on Gregory for a great deal for your stay

- Email to [stay@motelongregory.com.au](mailto:stay@motelongregory.com.au)
- Check out the Motel on Gregory website

[www.motelongregory.com.au](http://www.motelongregory.com.au)



**Phone**

**07 3026 1201**

- **LOCATION:**  
89-95 Gregory Terrace  
Spring Hill,  
Brisbane, 4000



## AREA 2 ORGANISER REPORT By Joyce Macdonald

**COLLINSVILLE BRANCH:** This branch continues to function under the leadership of President Mrs Beryl Aspinall and Secretary, Mrs June Hathaway. The branch's membership is much the same.

On Thursday 28<sup>th</sup> March I visited the Collinsville Branch, it was a social morning gathering, morning tea and card games. I did take the opportunity to share with them the recent business of the APSL at local and state level. There were some new people there, being involved in the social activities and I believe that they intend becoming new members.

This branch continues to be involved in their town's community activities as much as possible.

It is by the courtesy of the Girudala Community Health & Wellness Team Group, who visits Collinsville schools of which I am an associate member that I am able to visit Collinsville Branch at no cost to Bowen APSL. I enjoy the fellowship with this branch.

### BOWEN BRANCH –May 2019

This branch continues to function well, as usual.

A new Member Mrs Joan Turner, has just joined the branch. This lady always attends the social Hoi afternoons. We welcome her.

At our recent meeting, the Secretary read the answer to correspondence from a letter sent to the Federal Treasurer Josh Frydenberg from the Bowen Branch which outlined in much detail, "the high cost of services, living costs for those on the Aged Pension relevant to the present Aged Pension paid.

Members were very disappointed at the lack of support from this correspondence which seemed to outline all the plus points for the use of the Aged Pension.

This branch is preparing for their annual social/cent sale/morning tea to be held on 17<sup>th</sup> June 2019, when we invite seniors from the Burdekin Seniors Group, Collinsville Members and residents from Bowen Retirement Villages.

The APSL Comets: - I have left a copy at the three Doctor's surgeries, Bowen Library, Girudala seniors group, Bowen Men's Shed. These Comets are printed out for Bowen branch by the Whitsunday Regional Council Mayor's Secretary and this service is much appreciated. I endeavour to do a bit of PR, promoting the value of the Comet at the distribution places.

This item has been submitted by a Bowen Branch Member Mrs. Betty Cunningham for MCM perusal fighting bush fires .....Why is it in summer, millions of dollars are spent fighting bush fires. Is summer a culling season? Where animals are burnt, homes destroyed, livelihoods lost. Couldn't we use spotter planes and drones, then with the first sign of smoke to be put out with our water planes? this was my solution, then I realised it would not work. Regrowth on top of regrowth what would it do?

Are we right to cull or to stop these fires?.....We have men and women well trained in modern day technology, to solve problems flying around space. Wouldn't it be better to solve problems here on earth first?

Joyce Macdonald....Area 2 Organiser.



## PUPPY FARMS

**A puppy farm sounds cute in theory, but it's far from the concept of lots of dogs running around in open fields, having the best life. The RSPCA helps explain just what a puppy farm is and what to look for when getting a pet.**

In basic terms, puppy farms are places where large numbers of dogs are bred and the puppies are sold for profit.

The RSPCA has investigated multiple, horrendous puppy farms over the years. Pets from these operations are seized because of inappropriate living conditions, lack of food and water or they need veterinary treatment.

One puppy farm had a kennel licence for 40 dogs but had over 200 on site. Another had an expired kennel licence but still had 118 dogs in her 'care'. Once again it's the RSPCA, a charity, that's left to pick up the pieces and foot the bills for the animals' care and rehabilitation.

While cost orders are sought from offenders, they are rarely paid. The way things currently operate, you can buy a puppy online and have no idea where it actually came from or the conditions in which it was actually kept.

The message is simple. If you're considering buying a puppy, make certain you're able to visit the property where the animal was born and can view the parents.

If in doubt, you can also ask the RSPCA to pair you up with a suitable companion with the multitude of pets available to adopt at their Adoption Centres across the state. What's even better is that these animals are all de-sexed, vaccinated, microchipped, worm and flea treated and available for just a small adoption fee.

Sadly the RSPCA has seen the consequences of puppy farms all too often. Puppies lack socialisation which leaves them with behavioural disorders for life. Many are



born with genetic disorders or sold with illnesses. The new owners face mountainous veterinary bills paying for new puppies they've fallen in love with and their chances of recouping these expenses are zero. It takes a lot to close puppy farms for good. But you can help by being aware and being proactive.

**If** you have an animal welfare concern or would like to lodge a cruelty complaint you can contact the RSPCA 24/7 on 1300 ANIMAL (1300 264 625) and learn more on their website [rspcaqlld.org.au](http://rspcaqlld.org.au).

***You can also support the RSPCA fight animal cruelty on May 19 with the upcoming Million Paws Walk, [millionpawswalk.com.au](http://millionpawswalk.com.au). There are sixteen walk events on in Queensland this year.***



### Message to Branches

This space box is provided to insert your Branch contact details when you leave The Comet at Doctors' Surgeries /Libraries and so on



**DONATIONS...**APSL has received some generous donations for use in the office and hall.

An anonymous donation of ten office chairs in excellent condition were received last year from a West End business man who was renovating his board room.

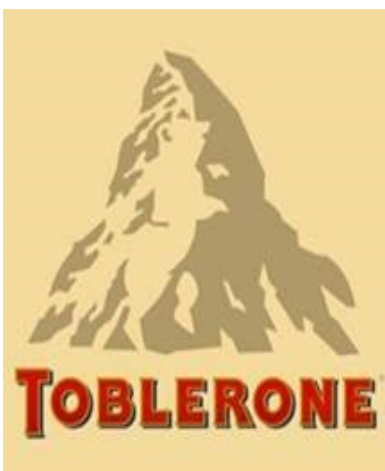
Recently, we received a board room table which may seat 10 people for our main office from Micah Projects another West End



organisation. This group also presented APSL with some curtains which we installed in the main corridor and which should somewhat cool the corridor in warmer weather. One set needed some attention which Nola took care of and combined effort of Tony Flannigan, Nola and Anneliese made sure the curtains were put to good use. Many thanks to Micah and the "curtain installers"! A job well done!

How well do you look into advertisements/logos?

These few are clever!



*There is a dancing bear above the "ble".*

*Toblerone chocolate bars originated in Berne, Switzerland, whose symbol is the bear.*



*See the "31" embedded in the "BR"?*

*Thirty-one-derful flavours!*



*The world's most famous bike race. The "R" in "Tour" is a cyclist.*

*The yellow circle is the front wheel of a bicycle, the "O" is the back wheel*